



CROCHET

For Beginners



Crochet

Crochet for Beginners

Dorothy Smith

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[Here is a FREE bonus book Crochet for Beginners Step by Step Guide for Crochet Patterns with Pictures by Dorothy Smith.](#)

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Introduction

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Crocheting may be an age old craft but it continues to be a popular hobby and has also been proven to be good in relieving stress. If you're someone who has an interest in crocheting but need a helping hand to start then this read is an absolute must for you. This book will show you some of the bare basics such as basic stitches, how to wind the yarn, and hold your hook. The best thing about this book is with the help of some useful illustrations, you'll be making some beautiful crochet patterns faster than if you did it all on your own.

Thanks again for downloading this book, I hope you enjoy it!

Chapter One

The World of Crochet



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Learning how to crochet is easy, fun and accessible. It is a great hobby to have because it requires so little equipment, and you can take it anywhere with you. It only takes one hook, a ball of yarn in your favorite color, and a pair of scissors to get started on this hobby, and with some patience, you will be creating patterns quite naturally. This book, *Crochet: Crochet for Beginners Step by Step Guide for Crochet Patterns with Pictures*, will show you all the basic knots and patterns so you can start making simple but beautiful crocheted goods of your own.

It will be good if you master the very basic knots before attempting the more complex ones. The basic slip knot will be the basis of all knots and patterns, and this eBook will show you exactly how to do this. It will also give you a few patterns to follow so you can create simple but beautiful things.

Learning how to crochet will be such a fun project to undertake. To start with this new hobby, you can go to your local craft store to choose a hook that your hands are the most comfortable with. Then you get to choose from all the richly colored crochet yarns. Crochet is one the best and easiest ways to get creative. Indulge your imagination. Your crocheted pieces may not be as perfect as you want it at first, but with practice, you can make the most beautiful things like bracelets, necklaces and bags. You can even crochet your own pieces of clothing.

Crochet is a nice and calming activity that anyone can do. It can help you be productive even during the most boring times. You can do this while you wait in line, or while you are in a car or in a bus. It can even help you combat stress. The repetitive motions can help you relax and destress. The end product is a beautiful handcrafted piece that you can keep and treasure, or

even give away as gifts.

Chapter 2

Prepare Your Materials



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You can't start a crochet project without the basic essentials. Equip yourself with a crochet needle, a ball of yarn made specifically for crochet, and a pair of sharp scissors. You might also want to keep this guide by your side while you are still learning to crochet. This will ensure that you can learn at a much steadier pace.

Remember to pick out a nice firm yarn that can easily be held by your crochet needle. Do not go for too thick yarns, as this will make even the easiest knots hard to pull off. Try to find a yarn that is just slightly thicker than embroidery thread, or ask the crafts store to show you which yarns can suit your project best. Most stores know their products well, so ask for their recommendations first before you buy. Take note that you do not necessarily have to buy expensive threads at the moment. You are simply purchasing yarns that are good enough for practice. Expensive yarns can be used once you have gotten the hang of the different knots and patterns.

Though there are many different colors of yarns found in your local crafts store, beginners might want to choose a solid colored thread so they can keep track of the patterns and note their progress. Crochet can be an intricate craft to learn, so you need to help yourself see what is going on better. Threads that have different kinds of colors in them might confuse you.

You can choose from a variety of acrylic yarns, cotton yarns and novelty yarns. Acrylic yarns are great for beginners who are only willing to start learning the basics, and not looking to start a project just yet. These come quite cheap, and they are strong and durable. If you want to use acrylic yarn for a project, you might not want to choose something that is too cheap. Cheap acrylic yarn is rather scratchy, so you might not like the texture if you plan to make pieces of clothing.

Cotton yarns are also great for crochet projects. These are also inexpensive, and these are

great for making durable and washable pieces. The texture of this yarn is soft and it is pleasing to the touch. You can use this yarn for making tea towels as well as many articles of clothing.

Novelty yarns are usually chosen by more experienced crochet hobbyists. These are a little more expensive than the usual acrylic and cotton yarns. Novelty yarns are used to get the desired texture in crocheted pieces. Some of these yarns can produce the softest sweaters and scarves. Keep in mind that these novelty yarns are usually made of the finest wools, which means you might not be able to wash them often. You may even have to hand wash or dry clean the finished products.

For the beginner, a size N crochet hook will be a great hook to start with. You can ask the crafts counter to give you this hook. Most crafts shop would usually have this in stock. Hooks are quite inexpensive. Crochet is a very inexpensive hobby.

When learning how to crochet, you may want to have few goals for yourself. Once you know your to do the basics, take a pattern guide and determine which project you would like to do first. You can start with the easier things, like a scarf or a little pouch. Setting goals for yourself will boost your productivity, and it will help you get so much better faster.

You might want to find a nice box or container to store all of your crochet materials so that you will not lose them. You can find a medium sized pouch, or better, a medium sized cookie tin to hold everything in. You might also want enough space in there to store unfinished projects so you can keep them from unraveling. Choose a container that is secure and easy enough to lug along.



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Chapter 3

Learn Your Basic Moves

The Slip Knot



The first things to learn when doing a crochet project, is to know how to make a proper slip knot. Almost all crochet patterns start with this simple knot. All you will need for this are your hands and your yarn. You do not have to cut off a piece of yarn. You will be working straight from the ball.

Begin the slip knot by laying the thread on the table. Make a loop with the thread, measuring about five inches from the tip. You have to make sure that the shorter end is on top of the longer end. Hold the loop together using your fingers. Your less dominant hand can do this for you.

Then, with your dominant hand, take the longer piece of the yarn, which is the yarn attached to the ball under the loop, and then into the loop. This will make a new hoop which is more secure. Pull it tight.

You are now ready to place this completed slip knot on to the end of your crochet hook. Place the yarn to hang over the needle as you work.

You can also decide to make a small simple knot to make things easier. You can then attach this to your hook so you can start working right away. The knot should be a little smaller than the circumference of your finger.

The Chain Stitch



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Now that you have made the knot, you can begin making your first stitches. The chain stitch is the most basic stitch in crochet. In many crochet pattern books, this will be abbreviated as ch. You should practice this stitch until you get it down right, because for many beginners, it is still hard to control the amount of tension placed on the yarn. Keep practicing the chain stitch until you develop a technique you are comfortable with. It will also help you get acquainted with which way you hold a hook. People hold hooks in different ways. Some people hold the over the hook like pencils, and some do an under the hook technique as if holding a frying pan. Any one is okay, but it is completely up to you to decide which technique is the best for you. To be comfortable, hold the needle at the middle. This part is flat, so you can hold the needle comfortably and securely.

To start making your chain stitches, make sure that your knot is attached to the hook. Hold the short end of your slip knot using your middle finger and thumb. Keep your index finger free, as this will be the one to place the yarn around your hook's handle. Use your hook to take the yarn through your loop. This will create your first chain link. Repeat this process to make successful chain stitches. Keep going until you find the right way of holding your needle. You can practice on this for as little as fifteen minutes per day. If you make any mistakes, it will be easy enough to unravel by simply pulling on the yarn.

Remember that with as little as six chain links, you can begin with another kind of stitch, which is the slip stitch.

Chapter 4

Learn The More Difficult Stitches:

The Slip Stitch, The Single Crochet Stitch, and The Double Crochet Stitch

The Slip Stitch



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The next thing you can do once you have mastered the chain stitch, is the slip stitch. Slip stitches are very easy to do, though you would need a little bit more dexterity in your fingers to accomplish this. In crochet pattern books, the slip stitch is usually abbreviated as an (sl st.). This is a stitch that makes very little height, and you can use this to join stitches together or to strengthen the edges of your work. It can also help you change directions when working without leaving any visible traces of stitches.

You will need to make at least six chain stitches to start a good slip stitch. With your hook, slip into the first secure chain that you made. This is the chain you can find the furthest from your hook. You will see that it will make a ring. Then, with your free hand, wrap the hook with the yarn from back to front. You may also want to rotate the hook so that its tip is pointed towards you.

Finish off your slip stitch by pulling the yarn with your hook through the stitch and into the loop you made on your hook.

Making a Single Crochet Stitch



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Performing a single crochet stitch will be your next step in learning how to make all those crocheted goodies. This stitch is a tight kind of stitch and it results in tightly woven material. A single crochet is abbreviated as sc on most crochet pattern books.

To make a Single Crochet Stitch, you must first begin with an ample amount of chain stitches. Then you make a new loop on a secure chain stitch. Take note that you cannot do this on the chain loop on your hook.

If you did that properly, you will find that you have two loops on your hook. Finish your single crochet stitch by pulling a new loop of your yarn through both of these loops. This will result in one remaining loop. Repeat these steps as needed.

If you make a mistake, you can pull the yarn gently to unravel it back to where you want to start again.

Making a Double Crochet Stitch



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A Double Crochet Stitch is considerably looser than the Single Crochet Stitch, a tiny bit looser than most crochet stitches. These are often used to make very comfortable scarves and sweaters, since looser stitches are softer to the touch.

To start making double crochet stitches, start by making fifteen chain stitches, and wrap your hook with your yarn from front to back.

You will then have to put your hook through the first two front loops, and slide it under the fourth chain stitch from your hook. You will have to yarn over your hook again after doing this.

Make three more loops on your hook by pulling wrapped yarn into the chain stitch. To do this properly, try to gently pass your wrapped hook through the chain.

Now pull the hook through the first two loops that you find on your hook, and put the yarn over your hook once it is done. Then, pull your hook through the last hoops that you see on your hook. This completes your double crochet stitch. You can repeat this as needed.

If you find this difficult, you can try practicing this stitch for at least ten to fifteen minutes a day. You will soon get used to the motions, and you will be able to perfect this stitch in no time.

Chapter 5

Create Your First Project

Now that you have mastered the basic knots and stitches for crochet, you can now move on to making your first project. You might want to try something smaller and less complex like a scarf, or a blanket. This is also the time when you can now pick which color of yarn and which kinds of materials you want to work with. Any color will do, even the ones with multiple colors. But before that, there are some tips you might want to know and to remember so you can work so much faster.

Learn How to Make a Turning Chain



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Knowing how to make Turning Chains is quite important when making any kind of crocheted projects. This is needed so you can change your stitches' direction anytime during your work, and it can also help you create the height you need in order to make your next row of stitches.

This is usually considered as the first stitch of your next crochet row, except when you are working with the single crochet stitch. Turning Chains are actually chain stitches. To make a turning chain, you will have to consider which stitches you are using. A single crochet stitch will require one chain stitch to accomplish a turning stitch. A double crochet stitch will need three chain stitches to make a turning chain. Turning Chains will depend on the height of your stitches, and you will simply have to adjust the number of your chain stitches

Chapter 6

Simple Crochet Patterns

These are a few simple crochet patterns that can help you accomplish many crocheted crafts. With these patterns, you can easily create blankets, scarves, accessories and anything else you would like to make. Try these simple crochet patterns to make your next projects a whole lot easier and faster too.

Chain stitch accessories



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You can make beautiful necklaces, bracelets and anklets with some beads and a simple chain stitch.

First, determine the whole length of your project.

Then, before you make the knot and the chain stitches, slip all the beads you want to put in your accessories already. This won't work if you attempt to do it later.

Next, make chain stitches. It is completely up to you how many beads you want to put in and

how long you want the chains to be.

Once you are done, secure your work with a tight knot.

Make Your Own Scarf



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Beginners would love this very simple pattern. Scarves are very easy to make, since they can be done in rows, and they require very little transition. All you need to know for this pattern are chain stitches and the single crochet stitches.

First, choose a yarn, color and material that you prefer. You may want to use a thicker yarn if you want your work to go faster.

Next, make a slip knot after measuring at least six inches of thread. Now start making your chain stitches. You can determine your own preferred length, but you can also start by making at least 224 chain stitches.

After you complete your chain stitches, make single crochet stitches all the way back until you reach the first chain stitch that you made. Then, make one chain stitch to serve as your turning chain.

Flip your work over and continue making single crochet stitches until you reach the other side. When you reach this point, you may notice that every stitch has two loops on the top. You will have to thread through both of these when making your single crochet stitches. This will hold your work together nicely, and it will also be pleasing to the eye. Make as much rows as needed.

Crochet a Granny Square



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Granny Squares are fast and easy patterns that can be used for making very comfortable blankets and scarves. Using Granny Squares means that you will not have to spend too many hours of straining your eyes and your back. You can accomplish many things in very little time with this one.

A granny square starts with a simple slip knot. Once you have made one, make four chain stitches.

Now put your hook right through the chain stitch closest to the slip knot, and yarn over and pull the yarn through the stitch. This will create a ring, which will become the center of your granny square.

Next, make three more chain stitches, and double crochet into the ring twice. You have now created your first set of granny square. Repeat this for four times to complete this set, the next one needs three double crochet stitches instead of just two.

You will have to make at least four sets to make a completed granny square. To make bigger projects, like blankets and quilts, all you will have to do is to repeat the process as needed.

Coffee Cup Cozy Pattern



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This pattern is great for beginners to make. It will only need the most basic stitches, and these are small enough to be finished in a short amount of time. The stitches required are the chain stitch, slip stitch and single crochet stitch. You will also need a single button. This will fit regular cup sizes.

Make a slip knot, and continue to make 9 chain stitches

Next, make single crochet stitches until you reach your first chain stitch.

Make a chain stitch to serve as your turning chain, and repeat. Once you think you have made enough rows, make a buttonhole by making chain stitches. Make sure it is big enough to let your button through.

You may want to border your work with a slip stitch.

After this, you can attach the button to the opposite end of the button. You can now enjoy your newly made coffee cup cozy.

Crochet Flower Pattern



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This pattern can help you make pretty embellishments on any of your crafted projects. You will need to have mastered the chain stitch, slip stitch, single crochet stitch, and double crochet stitch to successfully complete this pattern.

First, start by making chain stitches. Once you think you have enough chain stitches, make a loop through the chain using a slip stitch. Around 9 chain stitches will do. This ring will be the foundation of the flower.

Next make fourteen double crochet stitches into the loop. This will create a second ring. Put this circle together by making a slip stitch. You have now created the base of the flower.

To make the petals, make a double crochet into your first stitch. Continue making this until you are satisfied with the look of the petals. You may choose to border these petals with a simple chain stitch to define the shape.

Afghan Square Crochet Pattern



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Afghan Squares are basically rows of single crochet stitches. These can be quite beautiful, and you can use up to three colors of yarn for this. You can use these afghan squares to create baby towels and blankets, as well as kitchen and dining room decorations.

Start by making 31 chain stitches. For now you can use just one color if you think it is all you can manage. If you want more of challenge, choose your first color out of the three.

Single crochet stitches are all that is needed for this project. Sc for 30 times and do a turning chain stitch.

Repeat making rows of single crochet stitches until your work measures a 5.5 inch square.

Your afghan square is now complete. Secure all of the loose ends to prevent unraveling. .

You may also want to make an edging which is of a different color from the body of the square. You may choose to reinforce this with slip stitches, chain stitches or single crochet stitches.

Now that you have learned the basic stitches and patterns in crochet, you now create designs and patterns of your own, and the possibilities are practically endless. With mastery and imagination, you can create so many beautiful crocheted crafts during your spare time. These patterns are only some of the few you can make now so that you can start improving your skills at this craft.



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Conclusion

Thank you again for downloading this book!

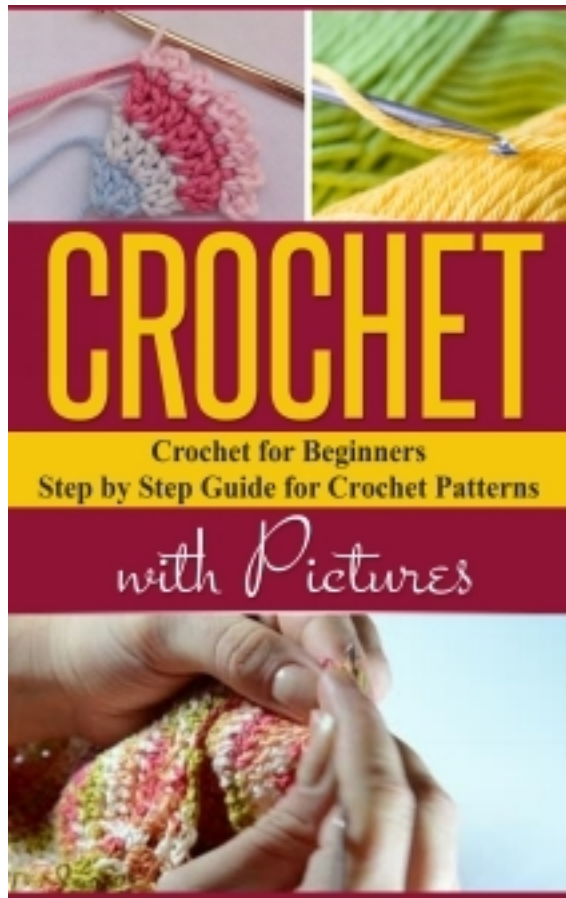
I hope this book was able to help you learn how to crochet faster and better.



Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

Thank you and good luck!

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Crochet

Crochet for Beginners Step by Step Guide for Crochet Patterns with Pictures

By: Dorothy Smith

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Introduction

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Chapter 1: Crochet as a Healthy Hobby and a Business Opportunity

Crochet is a wonderful craft that offers different facets and variations with a hook and fibers. As you progress and learn more of the craft, you will encounter different stitches ranked by levels of difficulty that would help you step from one simple kind to a more complex one.

There are many people who think that crochet is just for people fascinated with vintage. Some think of it as a grandmother's hobby.

While it might not be valued by most people, it can be a necessary skill to those who are serious about it. Since quality yarn rarely costs a fortune, making gifts can become cheaper. By initially making standard projects of plushies, shawls or beanies, you can make sure that families and friends can be given personalized Christmas gifts that remind them of you. Also, crocheting is reputed to have a soothing, calming effect to anyone who does it. Once you get the hang of it, the constant hand movement and pattern-making can help

relieve you of your worries. Psychological studies also show that crocheting and other crafts-making are natural anti-depressants. Normally, the anti-depressant hormone called dopamine is released in the bloodstream when we're doing something pleasurable such as eating or fornicating. The brain, thus having evolved over the years, can find pleasure in doing hobbies like crafts making, painting, and pottery among others.

Also, there are a lot of online shops that have found a considerable market fond of crocheted and knitted products. By investing yourself in learning the craft, you can always find someone who is interested in buying them. Explore possibilities and soon you will find yourself enjoying this truly wonderful hobby.

As you progress, crochet will become more understandable and its movements will become second nature to you. You can hone more of your work by looking up essential crochet techniques and tricks that are available in books, magazines and websites. Most crochet instructions will not go into specifics, so it is best for you to

familiarize with them when given a chance. While some of the patterns discussed here might sound foreign, you will eventually get the hang of them by studying basics from one step to another.

Soon, your fingers and wrists will get used to the maneuverings that you won't even need to look at them moving as you crochet. Sit back, enjoy a movie, while you thumb through your yarn and move your hook expertly.

Chapter 2: Choosing the Right Crochet Tools

Before you start crocheting, you need to familiarize yourself first with the tools that you would be using. The craft mainly involves two things: yarns and crochet hooks.

Getting the Right Hook

A hook is a tool that is composed of five parts: the tip, throat, shaft, grip and handle. The throat and the tip (together, they are called the hook) are the parts responsible for making a stitch. The shaft's diameter, on the other hand, is responsible for the size of the hook. The handle and grip are what you use in order to secure the hook in your hands.

There are two types of hook that you can buy, which are the following:

1. Yarn hooks

These hooks are designed to use yarn as the thread. These are

typically made from materials such as plastic, acrylic, aluminum, as well as woods such as rosewood, bamboo, maple and ebony. Some hooks can even be made from bones. However, it is recommended that you use aluminum hooks for starters. These hooks are easier to hold, durable and considerably cheap as it is available everywhere. After learning a few patterns, you might want to shift to other types of hooks that you think is more suitable for you.

Yarn hooks vary depending on sizes. The small hooks are used for thinner yarns, while large hooks are for thicker ones. In countries such as the US, yarn crochet hook sizes ranges from B/1 (around 2.25 millimeters) and ends with P/16 (12 mm as the largest size). Each hook has a difference of 0.5 millimeters each, and all are listed by letters of the alphabet with the exception for size 7 that has 4.50 mm.

2. Steel hook

Steel crochet hooks are used with special types of thread (like linen and cotton) and are listed from thickest to smallest, in contrast to yarn hooks. The thickest steel hooks are measured 3.5 millimeters, while

the smallest one is 0.75 millimeters. Steel hooks are identified by their number, starting from 00 as the thickest and 14 as the smallest.

How to Select Yarns

Yarn is the term used for the thread that you knit using your hooks.

Yarn is available in almost every color that you can imagine. Natural fibers such as wool, cashmere, linen, and silk, are also available for crocheting.

When crocheting, you can use one fiber or a blend of different ones.

The most common type of yarn used for fabric is Dk, sport or worsted.

Nowadays, synthetics such as acrylics as well as furs and metallic for crocheting are available due to the latest technology. Multicolor yarns within the same bundle can also be bought everywhere.

Yarns are grouped according to their thickness or weight, regardless of the fiber they are made from. Usually, they range from superfine to super bulky or thinnest to thickest. Each weight, or gauge, corresponds to a recommended hook size and a range of how many single stitches you can get to the inch when you crochet using that

prescribe size. The gauge tells the size of the stitches that will eventually be the standard for the piece you are going to make. Basically, the gauge tells how many stitches and how many rows there will be in a section of the knitted fabric.

The basic rule is that the finer your yarn is, the smaller your hook should be. Hence, the thicker or bulkier the yarn, the bigger hook should be used. However, this is not always the case. Sometimes, there are patterns that call for fine fibers and a large crochet hook in order to achieve an airy and openwork fabric.

Yarns are available in the following forms:

1. Pull-skein

Pull-skein can be poked by your fingers in order to pull the yarn out. You might have to tug the yarn a bit for it to come out, but after a while, it should flow freely.

2. Pre-wound ball

A pre-wound ball is ready to use and can be placed inside a bag or a

basket to prevent from rolling away.

3. Hank

A hank on the other hand must be wound first into a ball before using since they are bundles of loose yarn.

Tip: Ask someone to hold the hank tightly on their stretched hands, and wound the yarn into a ball. If you don't have someone to help you, you can place the hank around at the back of two chairs. Just like the pull-skein and pre-wound ball, place the wounded hank on a bag or basket.

Things to Keep in Mind for Future Purchases

Bundles and balls of yarn comes with labels that states the name of the brand or yarn, color name or number, dye lot, types of fiber used, suggested gauge and other precautions to take. Because of this important information, it is recommended for you to save these paper labels. Be sure to keep at least one of each label in case you buy additional yarns or wash them. Keep the leftover yarns as well to be used for sewing as well as for repairs.

Once you have all that you need in order to start your crochet, it is time to learn how to use these tools properly and learn a few basic skills!

Chapter 3: First Steps in Crochet

In this chapter, you will learn the correct ways of holding the hook and working with your chosen yarn.

Crochet can be done by using either your right or left hand, but you will still get the same results. While nearly all beginner guides for crochet teach about right-hand knitting, left-handers can use the same guide in this book and then translate all the steps for left-handed crocheting.

Where to Begin

The ideal size of crochet hook a beginner should be working on is an aluminum H/8, which measures about five millimeters. This is the ideal hook to use because it is comfortable to hold in your hand, making each move easier compared to using smaller or bigger hooks. To work with a 5 mm hook, you'll need a 4-ply of worsted knitting weight yarn. You can also choose to use synthetic fibers such as acrylic, or natural ones such as wool, or blends like a combination of

wool and nylon.

Special Note: It is best to stay away from fibers such as cotton on your first time. Due to its lack of elasticity, it is the advanced type of fiber in crocheting which could be difficult to maneuver for a beginner like you. It is also best to choose a light solid color. Keep a mental note that stitches made using darker colors can be difficult for you to see.

I. Gripping the Crochet Hook

There are two best ways in which you can hold a crochet hook:

1. Knife Grip

Position the hook in your hand with your thumb lying flat on the front part of the grip. Afterwards, wrap the rest of your fingers around the handle in order to secure the hook. Try practicing this hold by putting the hook down and then picking it up. Try positioning the hook as instructed, until it feels natural to you.

2. Pencil Hold

Like what the name implies, this method of gripping the hook can be

likened to holding a pen in your hand.

Special Note:

While you have the freedom and comfort of choosing how to hold your hook, this type of grip is not recommended since many doctors conclude that holding the hook in such position can cause carpal tunnel syndrome.

II. The Slip Knot

In order to start crocheting, you will need to tie the end of the yarn in order to create a loop that is adjustable to fit the size of the crochet hook. This is called the slip knot. This little loop will anchor the yarn to the hook in order for you to make a chain as well as the crochet stitches.

In order to make a slip knot, you should reel off about 1 meter of yarn from the ball. Hold the yarn in your palm using your thumb with

about six inches from the end. Using the yarn from the ball, loop it twice around your index and middle fingers. Pull the yarn through the loop in between your two fingers, in order to form another loop. Then, place this loop on the hook. Tighten the knot by pulling on the other free end of the yarn. You can adjust the size of this loop by pulling the yarn from the ball until it is small enough to slide easily on the shaft.

III. Holding On

In order for you to make the first chain, it is best to know how to hold the yarn while holding the crochet hook. The tighter you both hold the yarn and hook, the harder it is also to work. Remember to relax and breathe; while all these hand movements is awkward to you, it would all become natural with a little practice.

In order to master holding both yarn and hook, you need to remember the following. Hold the hook along with your slip knot in a hand, while letting the free end of the yarn hanging. Next, hold the yarn coming from your ball in a way that the yarn goes half around your index finger, and then anchor it with your pinky finger. Next, secure

the free end of the yarn by holding the base of the slip knot between the thumb and middle finger.

A crocheter's way of holding the yarn can affect the overall size as well as density of the piece he or she is making. Normally, crocheters make a sample of a 4x4 swatch of stitches in order to test their work on the requirements of the design they will be doing. If your gauge or tension is loose in comparison to the design you are making, you can try to make up for it by using a smaller hook. If your stitch seems to be tighter, you can use a larger hook. You can freely experiment on hooks until you achieve the gauge that works for you.

IV. Making the Foundation Chain

The chain is simply a series of loops or stitches that are linked together. It is the base for all the crochet stitches that you will be doing next. Without the chain, nothing will be holding all these patterns. Always remember that your arms should be on your sides, allowing your wrists to do all the work. For each stitch, it is approximated that you will be using around an inch of yarn. Let the

yarn from the ball slide smoothly under your pinky finger and over the index finger as you stitch. Make a mental note that your index finger should be about half an inch from the tip of your crochet hook. It is also important that every time you made four up to five stitches, you should move your thumb and middle finger in order to secure the last chain stitch made.



In order to make chain stitches, twist the yarn round the hook then insert it from back to front. To do this, have your index finger straight and twist your wrist towards yourself, while at the same time, twisting the other wrist away in order to bring the yarn in front of your hook.

Then, twist back your wrists to their original positions. With this, the yarn is now caught under the hook. This process is called the “yarn over”. Next, draw the yarn through the loop on your hook. Twist your wrist towards you with the hook facing down. Then, pull the yarn through the loop and twist the wrist back so that the hook is facing you again. This is your first chain stitch.

To do the next stitch, you might have to adjust the size of the loop of your hook in order for it to slide easily. Pull up the hook up on the loop in order to make it larger, letting extra yarn move on your index finger. You can also make the loop smaller by using your index finger to pull back the yarn. Continue making chain stitches by repeating the process above. Always remember to adjust your loop so all the stitches would be on the same size.

The foundation chain has two sides. As you stitch, the side that is facing you is called the top. Along with it, the chain stitches forms a line that looks like the letter V. Each “V” chain stitch has two strands. The strand on the right and therefore nearest to you is called the front

loop, and the left strand or farthest is the back loop. You will be making the crochet stitches in these loops.

On the opposite side of the top is the of course the bottom. In this side, the chain stitches form a bumpy line. Upon closer examination, you'd notice that they are also loops. These are called the bottom loops. In some crochet projects, you would be required to crochet on them. However, as a beginner, you should focus on the two top loops for now.

One way to practice making foundation chains is to use a light rope as a material. You don't need to use a hook. Mark the end of the rope then make a slip knot. Then, make a loop at the base of your knot using the marked end of your rope. Pull this through the loop you made of the slip knot. Add another loop using the marked end of your rope and pull it through the previous loop you did. Continue on doing this until you have successfully made a braid-looking chain on a side. You can try practicing this until you noticed that you can already make a chain without any twists. With this, you're now ready to use a

hook.

Chapter 4: Basic Stitch Patterns

There are four basic stitches that you need to learn in crochet in order to start creating the crochet masterpiece that you want to create in the near future. Getting started might be a little difficult if you have not tried your hand on handicrafts that involve yarns and threads, but do not worry – once you learned and mastered basic stitching, you'll be able to do other more complicated stitches and patterns in no time at all and start creating the crochet project that you have in mind.

1. Single Crochet



Instructions:

In order to create a single crochet, you would need to create a foundation chain that holds almost eleven stitches. To do this, make sure that you hold both the yarn and the hook as you would hold a pencil or a knife. Maneuver easily by sliding your thumb to the hook's throat from the grip, and then proceed to anchor the look on the hook

Now, proceed to insert the hook under the back and the front loops of the second chain made. Twist the yarn round the hook by encircling the yarn on the hook from the back to the front, and then catch it with

the hook. Now, make the hook pass through the two chain stitch loops. This would create two loops. After that, twist the yarn round the hook, insert the hook into the loop and draw it over the two loops. This would yield a single crochet stitch.

Continue repeating the process until you have gotten ten complete single crochet stitches in one row. In order to start with a new row, you can make a turning chain by making a chain stitch and then turning the piece from right to the left. This process is called the chain and turn. One chain stitch should be the same as the height of a single crochet stitch.

When you are done with the rows that you desire, or are satisfied with the length, you need to fasten the last stitch you made in order for all the stitches not to come undone. To do this, cut the yarn coming from your yarn ball about 12 inches from the loop on your hook. Bring it over your hook and draw the yarn end or the tail through the hook's loop. Pull it in order to tighten up and secure your last stitch.

2. Half Double Crochet



Instructions:

Create a half double crochet by making a foundation chain with twelve chain stitches. Just like you did in making a single crochet, position your hand to hold the hook and the yarn like a pen, but hold the fourth chain stitch from the hook. Twist the yarn round the hook coming from the back all the way to the front. After that, pull a hook by drawing it through two of the chains that you have made. This will give you three loops right on the hook.

After doing the instructions above, you would have a half double stitch. Proceed by repeating the same steps for nine times more in order to have ten similar stitches. In order to proceed to the next row, do a couple of chain stitches to make the turning chain. Start making the proceeding row by passing the hook right under the first stitch's back and front loops, ignoring the turning chain stitches. Repeat the process of doing the half double stitches until you achieve ten rows. Be sure to fasten them off to avoid the stitches becoming undone.

3. Double Crochet



Instructions:

The double crochet can be similar to the half double, with the exception that it has one more step in order to complete the stitch.

This time, count five chain stitches from the hook and hold the foundation chain. Place a yarn above the hook, ending the thread on the front from the back, and then push the hook under both front and back loops of the 4th chain stitch, making it pass through. Twist another of the yarn around the front of your hook and catch it. Next, pull the hook to pass through the two chain stitch loops in order to

have three loops.

Next, twist the yarn round the hook, insert the hook into the loop, coming from the back to front and draw it through the first two loops.

You now have two loops left on your hook. Again, place the yarn above the hook from the back through these loops. With this, you would have a double crochet stitch. Keep on doing the steps until you have ten of these stitches completed before moving to the following row. In order to start the row after this, make three consecutive chain stitches and then turn. The three chain stitches should be equal to the double crochet's height. Continue repeating the process of double crochet until you are satisfied with the length. Fasten off to avoid ruining the stitches.

4. Treble Crochet



Instructions:

Like the stitch taught above, a treble crochet is a one-step advanced type of stitch in comparison to the double crochet. To begin doing treble crochet, make fourteen rows of chain stitches in a single foundation chain.

Count to the sixth chain stitch and hold the foundation chain from that position. Place two yarns over the hook, then insert the hook under the fifth chain stitch's back and front loops. Do another twist with the yarn round the hook, and then pull the hook tight through

the initial two loops that you see in order to create four loops. Next, draw the yarn through the hook and push it through the following two loops. You now have three loops left on your hook. Draw through the next two loops and then wrap both loops on the hook.

You now have a treble crochet. In order to create more, just repeat the process for nine times in order to have ten treble crochets in one row.

In order to create another row, just make four more chain stitches and then turn. Continue with the same steps until you're satisfied with the length before fastening off.

5. Slip Stitch



Instructions:

While not one of the basic stitches, the slip stitch serves as a functional, supporting stitch that is used often anchoring chain stitches, shaping pieces, securing seams, finishing edges and joining circles. It is shorter than a single crochet and is not made in multiple rows on its own.

To practice making slip stitches, you try making a foundation chain with eleven chain stitches. Insert the hook under the loop of the 2nd chain. Twist the yarn round the hook, and then draw through the chain stitch and loop on the hook using a single movement. That is considered a single stitch. Try working on one slip stitch on the remaining chain stitches. You will create a nice drawstring of a single row of slip stitches after.

Chapter 5: Advanced Crochet Patterns

From the basic stitches, you can now create new patterns by simply changing the loops that you crochet into. As you explore other types of crochet patterns, you'll find some directions that will tell you to work on a specific loop. Other types of patterns will also let you work on a spiral. These would open a lot of possibilities such as creating hats, bags and shoes. Others can also help you learn to create eye-catching spaces or holes that are needed when making clothes and drawstrings. Here are some patterns that you might want to try out:

1. Single crochet ribbing



In order to create a rib pattern, you can crochet each row by working on the back loops solely. You can do this with any basic stitch, but it would look best using single crochet or half double crochet. This type of pattern is best for making collars and cuffs, due to its stretchiness.

2. Eyelets



Eyelets are holes or gaps that are made through chaining, and skipping the same number of stitches chained. These holes are great when making ribbons or drawstrings, or as standalone pattern of nice

stitches.

You might want to practice by making a foundation chain of eighteen chain stitches. Work on single crochet by starting on the second chain and continuing for the rest of the remaining sixteen. Chain one and then turn. Work again on a single crochet on the first stitch and then turn. Chain one and then skip to the next stitch in order to do one single crochet in the next and then chain one. Repeat doing this until the end of the row and then turn. On the second row, work on the first stitch by doing a single crochet. The idea is to alternate chains and single crochet until they are all uniform in size. Continue alternating rows until you are comfortable with their sizes and spaces.

3. Mesh



Patterns such as mesh have bigger holes in comparison to the eyelets.

Try practicing by making a foundation chain with twenty-three chain.

Start by doing a double crochet in the 8th chain. Chain two, then skip the next two chains and do another double crochet on the next chain.

Continue doing this for four times then chain five and turn. On the other side, skip the first stitch and do one double crochet in the next stitch. And then chain two. Repeat this for four more times.

Eventually, you will notice that the turning chains will form a stitch and holes. At the end, skip two chains and do a last double crochet on the third chain. On a typical pattern instruction, you will not see

where the last stitch should be placed. Continue doing this until you feel comfortable with the technique.

4. Spiral and Rings



Making a round crochet is essential when you are planning to make hats, bags and other types of fabrics. Two known basic methods of making a round fabric is by working on a spiral and working on joined rounds.

When making a spiral, make a foundation chain with five loops. Join

the chain by making a slip stitch in order to form a ring. With this, do ten single crochets and then fasten the last stitch with a safety pin in order to mark the end. Then, work two single crochets in each of the first nine stitches. Take out the safety pin on the end and then do two single crochets on the last stitch. Fasten the safety pin again on the last made stitch. Do a single crochet on the next stitch and then two single crochets on the preceding one. Keep on doing this until you reach the last round and then fasten the safety pin again on the last stitch. You will notice that the stitches will continue to grow. Once you are satisfied, you can fasten off the last made stitch in order to avoid the stitches coming undone.

Joined rounds are also made using a chain with five loops. Join the chain using a slip stitch in order to form a ring. Do three chains and then work on twelve double crochets around the ring. Join the round using a slip stitch in the two loops at the top in the first stitch. For the second round, chain another three and work on two double crochets for each twelve double crochets. You will notice as well that the round

will have twenty four stitches. Join the round again by making a slip stitch. Keep on doing this until you are satisfied with the number of joined rounds you've made.

It is important to note that the distribution of stitches around will depend on three factors: the stitch you are using, the weight of the yarn, and the shape that you want to achieve. The taller the stitch, the more stitches that is required for the first round as well as the succeeding ones. Also, the thinner your yarn is, the more stitches required in order to make the round.

Chapter 6: Reading and Understanding Crochet Instructions

Learning crochet can be similar to immersing one's self in a foreign culture. Different languages are also spoken and written as well as rules and customs. While it can be intimidating for others, the outcome can be enormous and worth the wait.

Your knowledge of crochet does not end with merely understanding how to stitch alone. Crochet pattern stitch and directions can have a

lot of instructions that you might not understand. For example, “ch” stands for chain, while “sl st” is for slip stitch. “Inc” means you need to increase or add more stitches. “Turn” means you need to turn back the piece in order to work back on the next row.

It is best for you to study these abbreviations and shortcuts in order to be familiar with the instructions. There are a lot of articles online that show different terms and words associated with crochet that you might find useful.

Also, schematics are another important factor to understand when reading patterns. These are drawn-to-scale outlines that helps you understand what the piece should look like after crocheting. Each piece that you will be making will be an individual schematic. Each schematic has corresponding numbers on them that will indicate information such as width/bust measurement, length from the armhole, cuff width, with of top edge, and length from the edge to top edge. The smallest size is often listed first before the parentheses, with the larger sizes inside in sequential manner.

A starter project can have simple outlines with no shaping in front or back required. Usually, the more shaping involved, such as necklines, shoulders and waists, the more complex the crochet project is. It is best to study these guides in order to consider the style of the piece you are going to make.

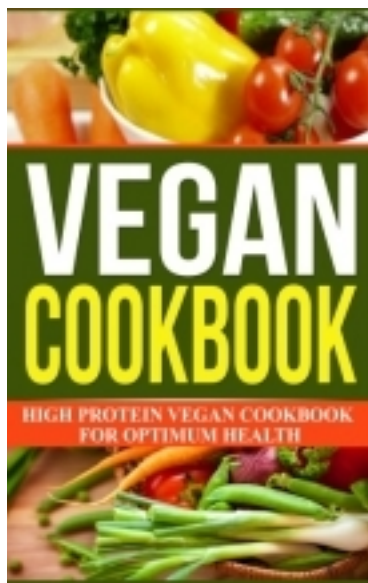
Conclusion

Thank you again for downloading this book!

I hope this book was able to help you learn how to crochet faster and better.

Enjoy what you read? Please keep flipping to the end of the book to leave a review on Amazon. Thanks!

Here Is a Preview of Vegan Cookbook: High Protein Vegan Cookbook for Optimum Health by Samantha Kane



Chapter 1. High Protein Vegan Breakfast Recipes

Stuffed Soft Tofu, Spinach and White Mushroom Omelet

Ingredients

2 tablespoons nutritional yeast

2 cloves garlic

1 package soft tofu

2 tablespoons olive oil

1 teaspoon fine black salt (to taste)

1 tablespoon arrowroot

1/2 cup chickpea flour

1/2 teaspoon turmeric

Ingredients for the Filling

Fresh black pepper (to taste)

4 cups sliced white mushrooms

3 tablespoons of fresh thyme (chopped)

2 tablespoons of olive oil

2 garlic cloves

2 cups fresh spinach leaves (chopped)

Salt (to taste)

Directions

- In a food processor, add chopped garlic, nutritional yeast, soft tofu, salt, turmeric and olive oil; puree until smooth.
- Add arrowroot and chickpea flour to the pureed mixture and blend.
- In a skillet, grease with little oil and pour the omelet batter; cook for 4 minutes before flipping.

- In a large pan, sauté the mushrooms and spinach with olive oil for 5 minutes; add garlic and thyme.
- Sauté the garlic for about 3 minutes more then add salt and pepper to taste.
- Stuff the spinach and mushrooms in the tofu omelet and top with vegan cheese.
- Serve on a plate and enjoy while hot.

Grilled Asparagus Tofu Omelet

Ingredients for the Tofu Omelet

1/2 teaspoon turmeric

2 tablespoons nutritional yeast

2 cloves garlic

1 package soft tofu

2 tablespoons olive oil

1 teaspoon fine black salt (to taste)

1 tablespoon arrowroot

1/2 cup chickpea flour

Directions for the Tofu Omelet

- In a food processor, add nutritional yeast, turmeric, garlic, soft tofu, salt, and olive oil; puree until it turns smooth.
- Add chickpea flour and arrowroot with the pureed mixture and blend.
- Preheat a skillet, grease with little oil and pour the omelet batter; cook for 4 minutes before flipping.
- Flip omelet over and cook for a more minute.

Ingredients for the Filling

2 cloves of garlic

1 pound asparagus

¼ cup balsamic vinegar

¼ cup olive oil

Pepper and salt to taste

Directions for the Filling

- In a zip-lock bag, add the asparagus and pour olive oil, vinegar, salt and pepper and garlic; leave the marinade for 2 hours at room temperature.
- Once done, pour the asparagus and marinade in a large pan and cook for 8 minutes.
- Insert the filling in the tofu omelet and transfer to a plate for serving.

Vegan Omelet with Spinach, Bell Pepper and Mushrooms

Ingredients

2 tablespoons vegan butter

8 ounces spinach leaves

½ teaspoon onion powder

1/2 red bell pepper

½ teaspoon turmeric

3 green onions

1 cup of chickpea flour

¼ teaspoon ground thyme

1 cup mushrooms

½ teaspoon fresh ground black pepper

2 tablespoons olive oil (extra virgin)

1 teaspoon black salt

½ teaspoon garlic powder

1 cup of water

Salsa (store-bought or homemade)

Directions

- In a colander, add the spinach leaves and rinse over tap water; set aside.
- In a bowl, add onions, mushrooms, peppers, green onions, garlic powder, turmeric, salt, thyme, olive oil and pepper.
- In another bowl, mix together the flour and water to form a smooth paste.
- In a skillet, add vegan butter and sauté the peppers and mushrooms for about 3 minutes.
- Add in the spinach and sauté for 2 minutes until it wilts; transfer to a plate and set aside.
- To make the omelet, add the remaining vegan butter to the same skillet and the omelet batter; cook for 3 minutes before flipping.

- Place the vegetables on top, sprinkle with salt and serve with salsa.

Walnuts, Dates and Apples Oatmeal

Ingredients

1 teaspoon ground cloves

1 cup chopped dried dates

2 tablespoons ground cinnamon

1 cup chopped walnuts

1 cup cane sugar

1 teaspoon ground turmeric

1 cup chopped dried apples

3 cups grain cereal flakes

1 tablespoon ground ginger

3 cups rolled oats

Direction

- In a large bowl, combine the dates, oats, cereal, walnuts, apples, cane sugar, cloves, turmeric and ginger.
- Boil one cup of water in the microwave; pour contents in a large bowl.
- Stir the oatmeal mix and make sure every dry ingredient is softened and let it stand for 10 minutes before serving.
- Serve on a plate and enjoy!

Vegan Compote Berries Breakfast

Ingredients

2 peaches

1 1/2 cups blackberries

2 tablespoons white wine vinegar

2 cups fresh blueberries

1 and 1/2 cups raspberries

1/2 cup cane sugar

2 tablespoons lemon juice

1/2 teaspoon lemon rind

Directions

- In a saucepan, combine the grated lemon rind, fresh lemon juice, white wine vinegar, cane sugar and fresh blueberries.
- Cover the saucepan and simmer for 20 minutes then cool at room temperature.
- Prepare 6 small bowls and pour the blueberry mixture.

- Serve the Vegan compote with fresh blackberries, raspberries, and extra peaches on the side.

Strawberry French bread with Apricots and Cream Cheese

Ingredients

1 egg substitute

1/8 teaspoon apple pie spice

2 egg white substitute

1/2 cup fat-free vegan cream cheese

1/2 teaspoon vanilla

8 slices French bread

3/4 cup fat-free milk substitute

2 tablespoons apricot spreadable fruit

1/2 cup strawberry

Nonstick cooking spray

Directions

- Coat a griddle with cooking spray.
- In a small bowl, combine the apricot spreadable fruit and cream cheese.
- Cut the bread in the middle and fill it with the cream cheese mixture.
- In a separate bowl, mix the vanilla, milk, egg whites, apple pie spice and egg.
- Dip the bread in the egg mixture, place the bread on the griddle and cook it for 3 minutes until golden brown.
- In small saucepan, place the remaining apricot spreadable fruit and stir it until it melts.
- Serve the Strawberry French bread with Apricots and Cream

Cheese.

Vegan Breakfast Almond Milk Pancakes Delight

Ingredients

3 and 1/2 teaspoons baking powder

2 tablespoons Vegan sugar (usually cane sugar)

1 cup almond milk

1 teaspoon salt

1 and 1/2 cups all-purpose flour

1/2 cup water

1 tablespoon ground flax seeds

2 teaspoons apple cider vinegar

1/2 teaspoon pure vanilla extract

3 tablespoons canola oil

Directions

- In a medium-sized bowl, add the baking powder, all-purpose flour, vegan sugar and salt.
- Once the first 4 ingredients have been fully combined, add the milk canola oil, water, vanilla, vinegar, and flax seeds.
- Heat a pan and pour the batter; cook for 4 minutes until pancakes turn fluffy.
- Transfer the cooked pancakes to a cooling wire and set aside for 3 minutes.
- Serve the almond milk pancakes with maple syrup and your choice of fruits on the side.

No Egg Cinnamon-Apple Pancake

Ingredients for the Pancakes

1 cup plain almond milk (egg-substitute)

2 teaspoons apple cider vinegar

1 and 1/4 cups whole wheat pastry flour

1 teaspoon ground cinnamon

pinch ground allspice

1/4 teaspoon ground nutmeg

2 teaspoon baking powder

2 tablespoons ground flax meal

pinch ground cloves

1/2 teaspoon salt

1 teaspoon vanilla extracts

3/4 teaspoon ground ginger

1 tablespoon pure maple syrup

2/3 cup apple juice

2 tablespoons apple sauce

Ingredients for the Topping

4 apples

1 cup apple juice

1 and 1/2 tablespoons pure maple syrup

1 tablespoon organic cornstarch

1/2 teaspoon ground cinnamon

Directions for the Topping

- In a medium-sized pot, toss all the ingredients for the topping and sprinkle cinnamon.
- Mix all the ingredients until the cornstarch dissolves; cover pot and bring to a boil.
- Once the mixture boils, reduce the heat to a low and simmer for 20 minutes.

- Remove pot from heat and set aside until serving.

Directions for the Pancakes

- Preheat a large pan to medium heat and grease with cooking spray.
- In a large bowl, add the flours, baking powder, apple cider vinegar, flax meal, almond milk, salt and all the spices; add milk, apple juice, apple sauce, maple syrup and vanilla extracts.
- Add a thin layer of the batter and cook for 3 minutes.
- Flip the pancakes to cook and transfer to a plate.
- Once all the pancakes are cooked, serve hot with apple toppings.

Blueberry Buttermilk Pancakes

Ingredients

1 and 1/3 cups Vegan buttermilk (homemade)

1 cup all-purpose flour

2 teaspoons baking powder

1 tablespoon cane sugar

1 tablespoon vegetable oil

1/4 teaspoon baking soda

1/4 cup egg substitute (soymilk or almond milk)

Cooking spray

Maple syrup (for topping)

1/2 cup frozen blueberries

Directions

- In a large bowl, combine the baking powder, all-purpose flour, baking soda and sugar.
- Add in the egg substitute, oil and buttermilk to the dry

ingredients, stir in blueberries.

- Coat a skillet with cooking spray and pour $\frac{1}{4}$ cup of the batter.
- Once the pancakes are fluffy, transfer into a plate and add maple syrup; serve with blueberries on the side.

[Click here to check out the rest of Vegan Cookbook: High Protein Vegan Cookbook For Optimum Health on Amazon.](#)